

# Monitoring Your Exercise

(LAFS.68.RST.2.4, PE.8.M.1.8, PE.7.M.1.8,  
PE.8.M.1.8)

# Learning Objectives

By the end of this lesson, students will be able to:

- **Define** resting heart rate.
- **Calculate** a target heart rate.
- **Determine** a rating of perceived exertion.



# Resting Heart Rate

Heart rate level when the body is at rest, moderate to vigorous physical activity can lower your resting heart rate.



# Target Heart Rate

The number of heart beats per minute you should aim for to help your circulatory system the most during exercise.



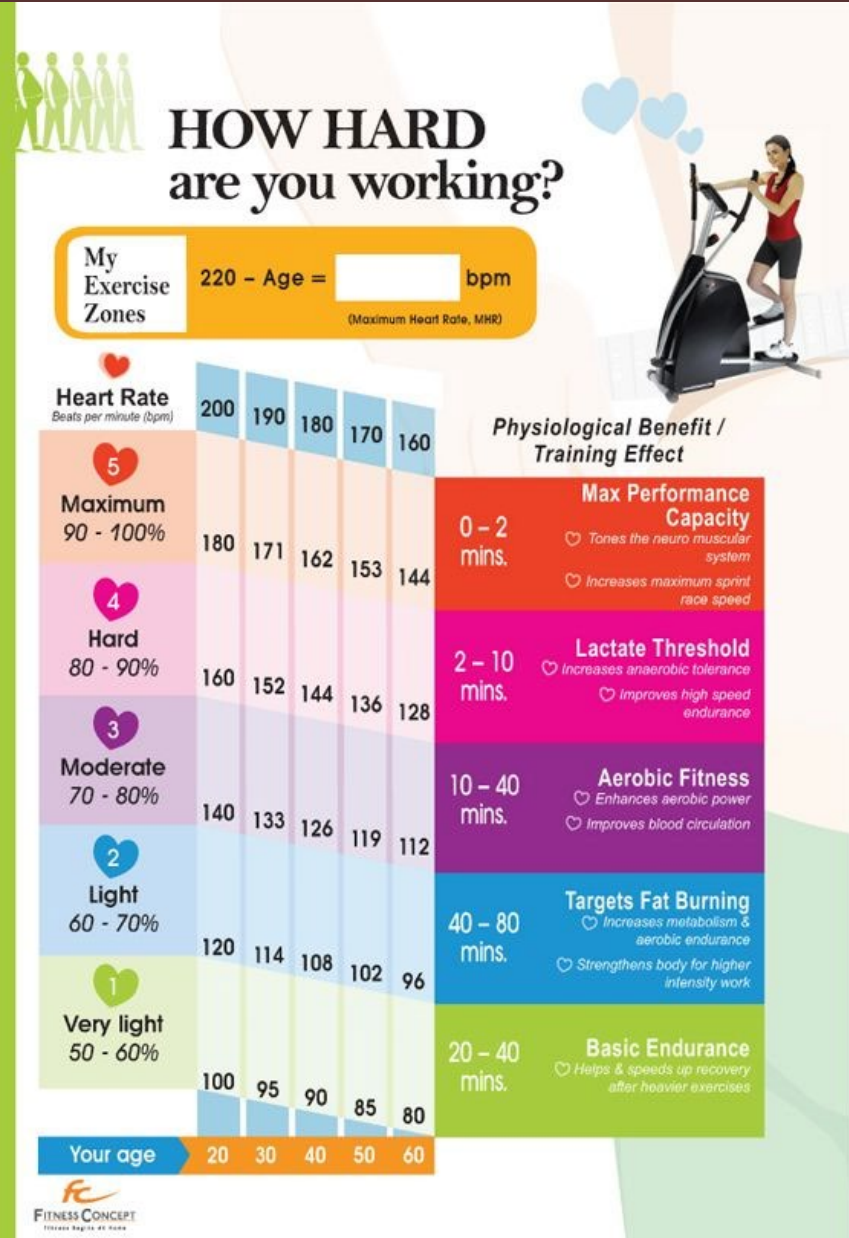
# Calculating Your Target Heart Rate

Your target heart rate is not a single number but a range.

To calculate your Target Heart Rate (THR) use the following equation:

- $(220 - \text{your age}) \times 0.5 = \text{bottom of the THR range}$
- $(220 - \text{your age}) \times 0.85 = \text{top of THR range}$

# How Hard Are You Working?



# Greatest Benefit

- You receive the greatest cardiorespiratory benefits when you are exercising in your Target Heart Rate Zone.
- For most people your THR zone should be 50% to 85% of your maximum heart rate.



# Rating of Perceived Exertion

- The RPE scale is used to measure the intensity of your exercise.
- The RPE scale runs from 0 – 10.

RPE SCALE	RATE OF PERCEIVED EXERTION	© iRunMaps.com
10	<b>MAX EFFORT ACTIVITY</b> Feels almost impossible to keep going. Completely out of breath, unable to talk. Cannot maintain for more than a very short time.	
9	<b>VERY HARD ACTIVITY</b> Very difficult to maintain exercise intensity. Can barely breathe and speak only a few words.	
7-8	<b>VIGOROUS ACTIVITY</b> Borderline uncomfortable. Short of breath, can speak a sentence.	
4-6	<b>MODERATE ACTIVITY</b> Breathing heavily, can hold a short conversation. Still somewhat comfortable, but becoming noticeably more challenging.	
2-3	<b>LIGHT ACTIVITY</b> Feels like you can maintain for hours. Easy to breathe and carry a conversation.	
1	<b>VERY LIGHT ACTIVITY</b> Hardly any exertion, but more than sleeping, slow walk, etc.	